

HAND WASHING

Disease prevention –

Hand washing – the smart thing to do

Hand washing is one of the simplest and “most important means of preventing the spread of infection,” according to the Centers for Disease Control (CDC). Hand washing is the first line of defense against infectious illnesses especially those that are commonly spread by hand-to-hand contact, such as colds and flu.

Hand washing – the smart thing to do

Hand washing can dramatically reduce the number of food-related illnesses. Dirty hands can transfer bacteria from one food to another or from an infected person to the food.

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Hand washing can help prevent widespread public health epidemics, and reduce the spread of antibiotic-resistant bacteria.

Hand washing – the smart thing to do

- before eating
- before during, and after handling food
- after using the bathroom
- after sneezing or coughing into your hands
- whenever they are dirty

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TECHNIQUE FOR HAND WASHING:

- Use soap and running water. Rub hands vigorously for 20 seconds, about the length of time it takes to sing “Happy Birthday” twice.
- Wash ALL surfaces, including back of hands, wrists, between fingers, under fingernails
- Rinse well
- Dry hands well
- Turn faucet off with paper towel, if away from home

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www.cdc.gov/flu